Vancouver metro

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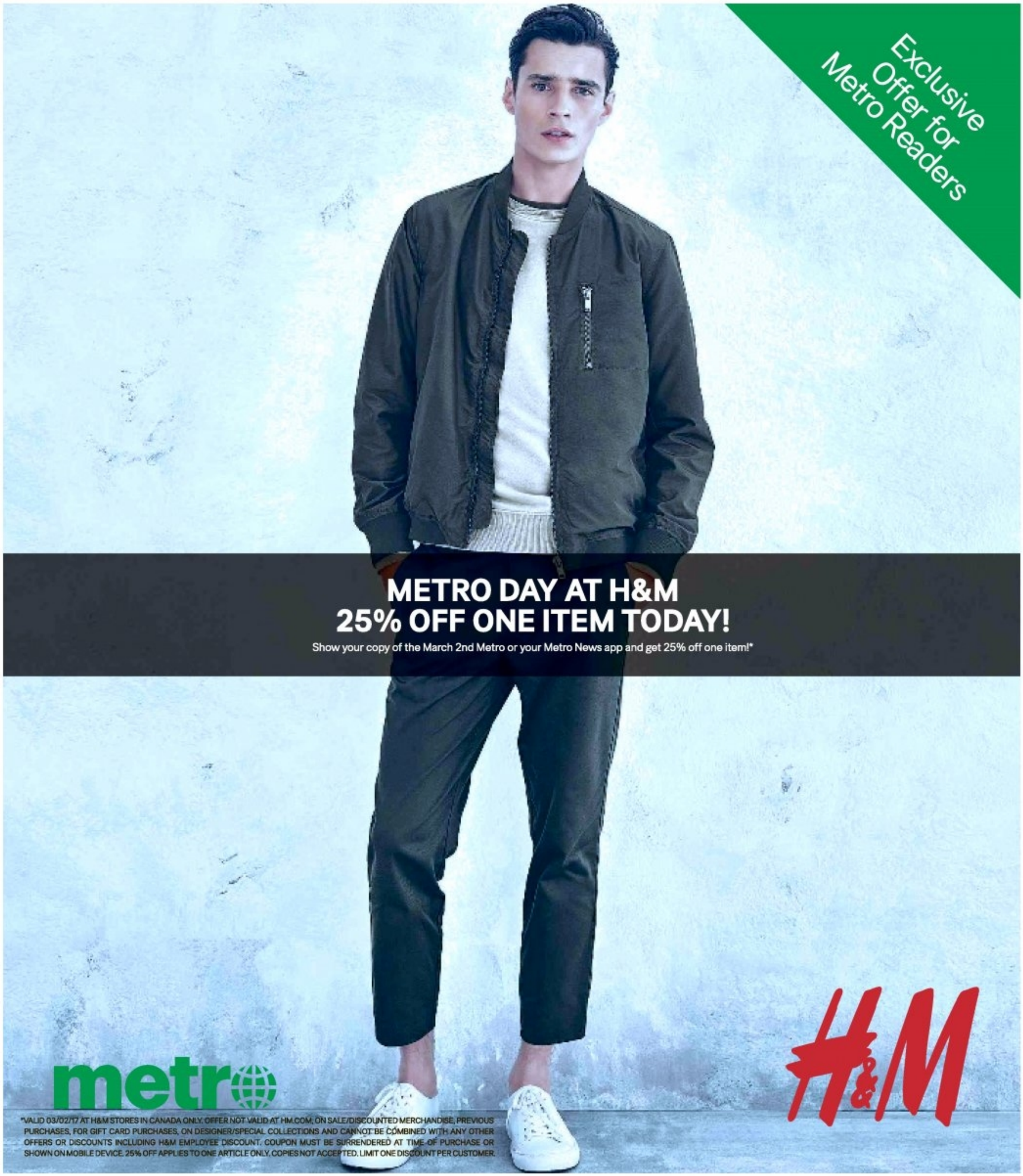
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JENNIFER GAUTHIER/METRO FILE

HERRING AID

Conservation group wants to bring stocks back to False Creek

metroNEWS

'The sign of a failing city'

EMPTYING NEIGHBOURHOODS

Mayor pledges new focus on housing

Jen St. Denis
Metro | Vancouver

"A neighbourhood made up of perfect $5-million heritage homes with no children in them" is "the sign of a failing city," Vancouver's mayor said Wednesday in a speech that hinted at new policy as the city grapples with extreme housing unaffordability.

In the speech hosted by the Urban Land Institute, Gregor Robertson indicated the city will attempt to add supply while discouraging rampant speculation. Rapidly rising land prices have affected both residential and commercial real estate in the past few years, raising fears the city is becoming a "resort" for the rich while young families and businesses avoid Vancouver.

Some of the policies the city is considering include allowing low-rise apartment building owners to add an extra storey; encouraging duplexes to multiply into four-plexes; and focusing on rental, not condo buildings at high-density transit hubs, Robertson said. The city would also like to make more of the land it owns available for development.

When it comes to single-family houses, Robertson said, the city would like to find ways to increase density on the lots without land assembly. Land assembly is the practice of buying several lots on a street in order to build a higher-density condo or rowhouse building.

"There are design solutions out there that allow density without assembly," Robertson said. "Simple things like how we allow duplexes, more infill, townhouses, rowhouses. We've been lagging in that area for decades."

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metro NEWS

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Kelly Knight Craft a front-runner to be ambassador to Canada. **World**

Advocates cheer policy

SANCTUARY

School board's latest move 'very important' for children

David P. Ball
Metro | Vancouver

Advocates for the rights of undocumented immigrants and refugees cheer after New Westminster School Board unanimously passed B.C. first explicit "sanctuary schools" policy. CONTRIBUTED/JORGE SALAZAR

Carrying colourful cut-out butterflies, advocates for undocumented immigrants erupted in cheers on Monday night as New Westminster School Board passed the province's first explicit "sanctuary schools" policy.

The landmark vote came after more than a year of dialogue with families who struggled to get their children an education, despite some living in the district for years and even some kids being Canadian by birth.

"This sets a precedent," said Sanctuary Health Coalition organizer Alejandra Lopez Bravo. "The B.C. School Act has been misinterpreted by different school districts, but this allows us to go to other districts and say, 'This is possible — but you have to be proactive, because families are experiencing fear because of their precarious immigration status."

Advocates with the provincial School for All coalition said they were heartened by the move, which although the first overt "sanctuary" policy — including a prohibition on immigration authorities entering school property without legal authorization — follows declarations that children are welcome regardless of status issued by the Vancouver and Burnaby boards.

"It's very important toward the protection of our kids and their families having that type of a policy," said School for All member Shanee Prasad in a phone interview.

"The discussion they've begun — and that are going on in Surrey now — we have to keep this going."

Prasad said that the Trump administration's anti-immigrant rhetoric in the U.S. is driving a spike in border crossings to Canada — including one Honduran family Metro interviewed last month — and that policies such as "sanctuary schools" are essential to ensuring children's education isn't sacrificed in the escape.

"We see what's happening in the States, and that people are crossing the borders with their children," she explained.

"They're looking for safe spaces here.

"Those people will find stable housing and will become ordinarily resident here, and those kids should be able to go to schools in their catchment areas."

The two-page policy approved Tuesday states that "all school age children who are ordinarily resident in the school district, including those with precarious immigration status or no immigration status in Canada, are entitled to admission in school."

But it goes further, stating: "The Board shall not permit Canada Border Services Agency (CBSA) officials or immigration authorities to enter schools or Board facilities unless required by law."

SOCIAL MEDIA

Hootsuite CEO trolls reporter on Twitter

Wanyee Li
Metro | Vancouver

It appears Vancouver's tech sweetheart Hootsuite has become the centre of a social media gaffe when its founder and CEO responded to an interview request by asking the reporter to call 1-800-EAT-DICK.

In a Tuesday tweet that is now deleted — but Buzzfeed News screen captured the conversation — Hootsuite founder Ryan Holmes took offense to a Bloomberg story that claimed Hootsuite was overvalued at $1 billion.

When the reporter offered to talk, Holmes tweeted "tried you and can't get through. Try me…1 (800) 328-3425.

Take a look at your phone number pad — the last seven digits spell out "EAT DICK."

The reporter appeared to take the joke in stride, responding, "you got a sense of humour my man."

Holmes later tweeted an apology.

"Apologies on an attempt at humour today. It was offside," Holmes tweeted.

Metro called the number and confirmed it was a sex hotline.

When Metro reached out to Hootsuite for comment, a spokesperson directed Metro to Holmes' apology tweet.

On that same webpage, the header states, "when we're not spreading the news, we're making it."

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Vancouver puts new city logo on hold

ART

Residents and designers say design was too bland, pricey

Jen St. Denis
Metro | Vancouver

Vancouver's mayor says the city will revisit a decision to approve a new logo for the city, following an outcry from local designers and some residents.

The logo was ridiculed by some last week as being bland and uninspiring. Some took aim at the $8,000 price tag for the new design, while others pointed out that other cities have spent more than $100,000 for a city logo.

Many Vancouver designers signed an open letter that criticized the process used to create the new logo, the decision to accept the lowest bidder and the rationale behind the redesign process to begin with.

In a statement, Gregor Robertson says the city will put the new logo on hold while it consults with the public as well as graphic designers.

The statement goes on to say: "I have also asked Johnathon Strebly, the BC Chapter President and National President of the Graphic Designers of Canada, to convene a discussion with local design stakeholders for me in the coming weeks to have a conversation not just about the city's wordmark as we accelerate the evolution of our brand in the months ahead, but also how city hall can better support Vancouver's design industry."

CITY OF VANCOUVER

The City of Vancouver voted last week to make this logo its official wordmark. METRO FILE

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CALL CENTRE

Bc211 services to go province wide online

David P. Ball
Metro | Vancouver

The call centre that connects community and non-profit agencies across the Lower Mainland is preparing to roll out its services province-wide on April 5 — starting online, including a live-chat feature.

On Thursday morning, bc211 is one of the organization's benefiting from the United Way of the Lower Mainland's annual fundraising Walk for Possibility. The United Way-created phone-and-text service — housing a staff of 45 in its bustling Vancouver call centre — is also hoping to bolster its budget in hopes to make a province-wide 2-1-1 phone number a reality down the road.

"It's a huge amount of work to get ready for that," explained executive director Nathan Wright in a phone interview, "but (online service) is a necessary first step for expansion to have all the resources across the province. Despite several "approaches" to the provincial government for funding, bc211's current primary funder is the United Way of the Lower Mainland (UWLM). The province-wide online roll-out is the result of the agency's counterparts across B.C. raising their own funds.

"This past year, every United Way in B.C. has come together to contribute to the online expansion of 2-1-1," explained UWLM's CEO Michael McKnight in a phone interview.

> **Our staff already know the geography and resources available across the province.**
> Nathan Wright, bc211

The three most common bc211 calls are on housing and homelessness, mental health and addiction, and domestic abuse. And although bc211 is taking part in Thursday's fundraising walk, it will take a lot more to fully fund its highly trained staff, many of whom are certified victim service workers.

"But we are co-sponsoring the walk to help raise awareness of the service we provide, and the connecting force that we are among the social service agencies."

The United Way of the Lower Mainland's 11 km Walk for Possibility starts Thursday 8 a.m. at 111 West Hastings St. To register visit www.uwlm.ca/events/walk-for-possibility.

IN BRIEF

Original Richmond night market gets new look

Richmond's original night market is getting a new name and look this spring and will feature what it says will be North America's largest light show.

The 200,000 square foot parking lot behind Home Depot near No. 5 and Bridgeport roads will hold 300 vendor booths and feature cultural landmarks from all over the world, according to a press release from VISM Group and Vanpeople. The company says it is bringing in Korean light show experts to install LED boards that will run continuous animations to produce "dazzling effects." The market will also be home to a 17-metre-tall LED Eiffel Tower. Organizers expect to see 5,000 visitors a day and will promote different cultures throughout the summer in order to attract a diverse crowd.

WANYEE LI/METRO

Herring may attract dolphins

WILDLIFE

Group leading charge to bring the fish back to False Creek

Wanyee Li
Metro | Vancouver

Dolphins and orcas could one day be a common sight in Vancouver's False Creek if a project to return herring stocks to the marina is successful.

Seals frequent the city harbour, and residents spot the occasional grey whale in the area. But without a substantial food source, large creatures like orcas are unlikely to stay, said Dr. John Matsen with the Squamish Streamkeepers, a non-profit conservation society.

The West Vancouver resident came up with an idea to fix that.

"You bring back the herring, and the whole rest of the food chain will come back with it," said Matsen, who fished in False Creek in the 1970s as a child.

The pilings under docks are perfect shelters for herring to spawn on but most pilings are covered in toxic creosote to prevent worms from eating the wood, he explained. That coating also kills herring eggs.

Matsen and his team covered the pilings to prevent the creosote from seeping into the eggs and put out 88 floating nets under the docks as alternative spawning places for the herring. It worked.

"About three days ago, the herring came in on mass and absolutely plastered every one of those nets with two to three million eggs each. Maybe more, even."

Similar nets in the past, under Squamish Terminal, have yielded a 100 per cent hatching rate three weeks after the herring lay their eggs, said Matsen.

"So we have now found a way to bring back herring in False Creek. We think we hit the jackpot."

The water in False Creek is dirty enough that the city designates it as a non-swimming area and E. coli levels in the creek can skyrocket during the hot summers. But it's clean enough for juvenile herring to thrive in, said Matsen.

The small, silver fish are a main food source for many marine mammals, including seals. But large schools of herring could attract even bigger animals, like dolphins and orcas, said Matsen.

Herring stock numbers are at a historic high in the Strait of Georgia, said Jaclyn Clearly, a researcher with the Department of Fisheries and Oceans.

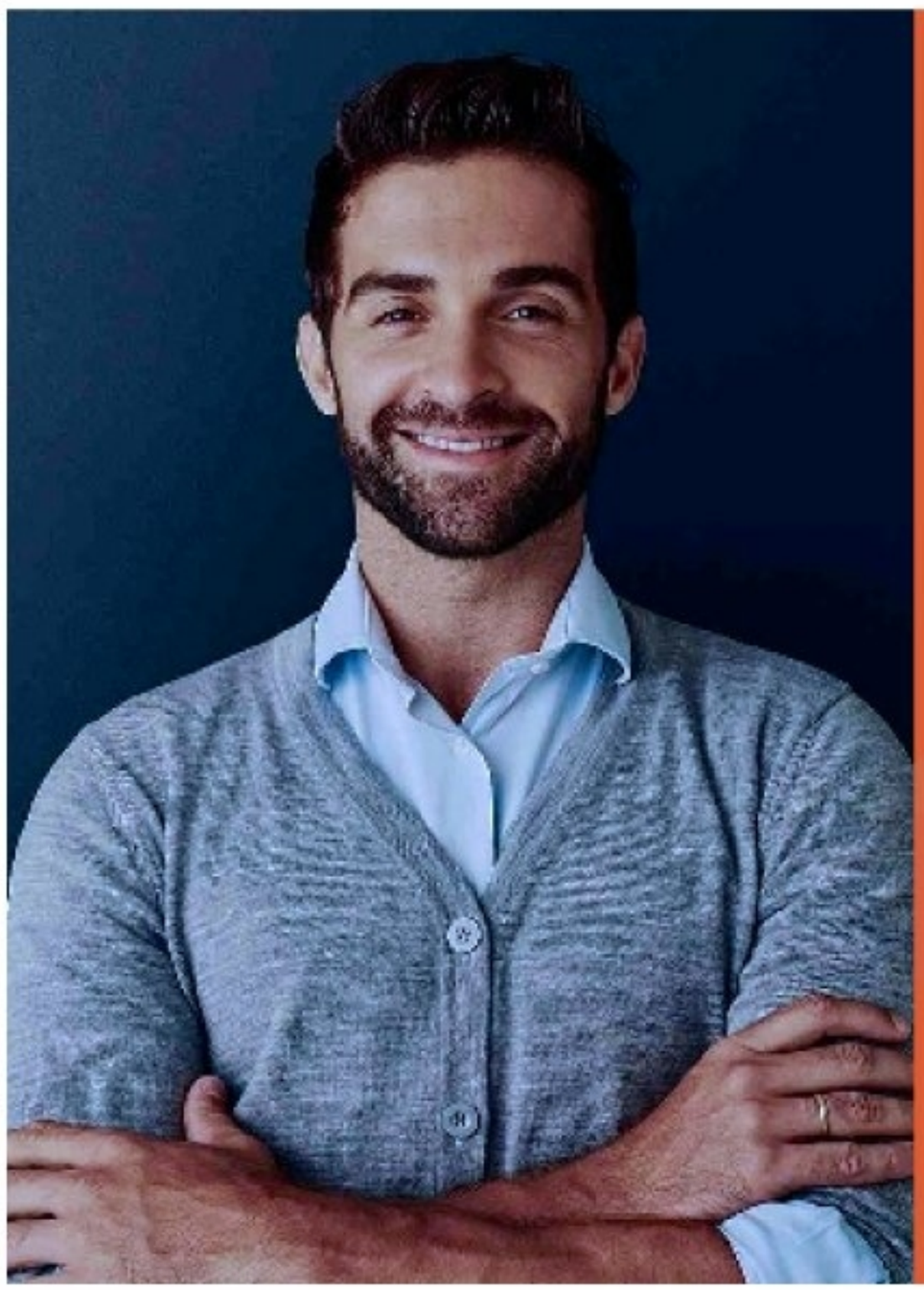
The rebound from a stock collapse in the '70s was largely thanks to the Britannia Creek cleanup and efforts to provide spawning grounds for herring in Squamish, she explained.

The federal department says it does not track herring stock in False Creek, specifically, and relies on Squamish Streamkeepers to provide up-to-date numbers.

Matsen hopes the creek will one day be filled with fish, like it was during his childhood.

"When we were kids we could throw a rod, a line, in the water and catch a fish any time you wanted to."

Dolphins and orcas could frequent False Creek if enough herring lived there, says one conservationist. JENNIFER GAUTHIER/METRO



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‘A drunk can consent’

HALIFAX

Judge acquits taxi driver of sex assault

Haley Ryan
Metro | Halifax

A Halifax taxi driver found with an intoxicated, unconscious, mostly naked woman in his cab and her DNA on his mouth has been acquitted of sexual assault by a judge who said there wasn’t enough evidence to prove the woman’s “lack of consent.”

Judge Gregory Lenehan ruled that Bassam Al-Rawi was not guilty of sexual assault in Halifax provincial court on Wednesday after he stood trial last month for a May 23, 2015 incident.

The complainant was found by police in Al-Rawi’s cab around 1:20 a.m., passed out after a night of drinking and being turned away from a downtown bar. Her belongings were spread around the car as she lay in the backseat with her feet up on the two front seats, only a shirt partially covering her breasts.

Al-Rawi’s pants were partially undone and sitting lower on his body, the court heard. As police approached, they saw his seat was reclined and he attempted to hide the woman’s pants and underwear.

Part of the evidence the Crown presented was a toxicology report showing the 26-year-old complainant would’ve had a concentration of between 223 and 244 milligrams of alcohol in 100 millilitres of blood when police found her.

Crown attorney Ron Lacey said during the trial there was ample evidence non-consensual touching had occurred, and anyone that intoxicated could not consent to anything.

“Clearly a drunk can consent,” Lenehan said. There’s no doubt the complainant was unconscious when she was found by police so at that moment she was unable to consent, Lenehan said — but what’s unknown is when exactly she passed out and “that’s important.”

A family from Somalia is helped by Mounties along the U.S.-Canada border. THE CANADIAN PRESS

Poll reveals attitudes toward refugees

A newly released federal survey on attitudes towards immigration suggests Canadians are somewhat more enthusiastic about accepting economic migrants than they are about refugees.

While 52 per cent of those polled in the Immigration Department’s annual tracking study felt the right number of immigrants were coming to Canada, 23 per cent thought it was too high.

Meanwhile, 40 per cent felt the right number of refugees was being admitted and 30 per cent thought that figure was too high.

The 2016 survey was done long before immigration and refugee policy became a centrepiece of the U.S. presidential campaign and the eventual new administration of Donald Trump, and before the question of what values immigrants to Canada ought to hold became a centrepiece of Conservative leadership politics here.

So while the data might not reflect how attitudes have shifted since those developments, it’s telling for what it was probing for in the first place, suggested Jack Jedwab, the executive vice president of the Association for Canadian Studies and co-chairman of an upcoming conference on integration and immigration.

“I think what the government is trying to get at is the issue of the extent to which people are more preoccupied by the increase in refugees that’s happening in a lot other places in the world,” he said. THE CANADIAN PRESS

National digest

Swastikas in classroom
Toronto police are investigating after two chalk drawings of swastikas were found in a classroom at York University.

The university said an anti-Semitic statement was also discovered in the classroom. The graffiti was found in the Victor Dahdaleh Building at around 8 a.m. Monday. Freya Clews, a 22-year-old student, said she noticed a commotion at the front when class began. TORSTAR NEWS SERVICE

University evacuated
Three Concordia University buildings in Montreal that were evacuated after the institution received bomb threats targeting Muslim students were re-opened Wednesday evening. CP

Arson at Islamic centre
Toronto police say a fire at an Islamic centre Tuesday night is being investigated as an act of arson.

Emergency crews were notified of a fire on the roof of the Reign of Islamic Da’wah. No one was in the building at the time and there were no injuries. TORSTAR NEWS SERVICE

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Muslim ban under revision

IMMIGRATION

U.S. officials reveal softer approach

President Donald Trump's new immigration order will remove Iraq from the list of countries whose citizens face a temporary U.S. travel ban, American officials say, citing the latest draft in circulation. Trump is expected to sign the executive order in the coming days.

Four officials told The Associated Press that the decision followed pressure from the Pentagon and State Department, which had urged the White House to reconsider Iraq's inclusion on the list given its key role in fighting Daesh.

Citizens of six other predominantly Muslim countries — Iran, Libya, Somalia, Sudan, Syria and Yemen — will remain on the travel ban list, said the officials, who spoke on condition of anonymity because they weren't authorized to discuss the order before it is signed. Those bans are effective for 90 days.

The new order includes other changes as well. The officials said the 12-page document no longer singles out Syrian refugees for an indefinite ban and instead includes them as part of a general, 120-day suspension of new refugee admissions.

The officials also said the order won't include any explicit exemption for religious minorities in the countries targeted by the travel ban. Critics had accused the administration of adding such language to help Christians get into the United States while excluding Muslims.

The White House did not respond to a request for comment.

Trump signed his original executive order in late January. It sparked immediate confusion, panic and outrage as some travellers were detained in U.S. airports before being sent back overseas and others were barred from boarding flights at foreign airports.

The federal government initially blocked U.S. green card holders before offering those legal residents special permission to come into the country. It finally decided the order didn't apply to them.

THE ASSOCIATED PRESS

Protesters march in New York's Times Square in solidarity with American Muslims and against the travel ban ordered by U.S. President Donald Trump on Feb. 19, 2017. GETTY IMAGES

ECONOMY

If President Donald Trump's hardline stance on illegal immigration leads to large-scale deportations, among those hurt could be the economy.

That's the view of many economists, who say the country can't afford to lose immigrants who work illegally picking fruit and vegetables, building houses, busing tables, and more.

Immigrants living illegally in the U.S. account for roughly 18 per cent of employment in agriculture, 13 per cent in construction and 10 per cent at restaurants, hotels and casinos, according to National Bureau of Economic Research study.

POLITICS

Sessions, Russians spoke during election campaign

Attorney General Jeff Sessions had two conversations with the Russian ambassador to the United States during the presidential campaign season last year, contact likely to fuel calls for him to recuse himself from a Justice Department investigation into Russian interference in the election.

Sessions, an early supporter of President Donald Trump and a policy adviser to the Republican candidate, did not disclose those communications at his confirmation hearing in January when asked whether "anyone affiliated" with the campaign had contact with the Russians.

Justice Department spokeswoman Sarah Isgur Flores said Wednesday night that "there was absolutely nothing misleading about his answer."

U.S. Attorney General Jeff Sessions THE ASSOCIATED PRESS

That answer did not satisfy Democrats demanding his recusal from an ongoing federal investigation. House Minority Leader Nancy Pelosi, a California Democrat, accused Sessions of "lying under oath" and demanded that he resign.

THE ASSOCIATED PRESS

DIPLOMACY

Political donor the likely envoy to Canada

A big-money political donor and philanthropist with personal ties to the coal industry and professional connections to the White House and the U.S. Senate is expected to be named Donald Trump's ambassador to Canada.

Expectations within government, as well as recent media speculation, point to the Trump administration submitting Kelly Knight Craft's name for the approval of the Senate.

Knight Craft would recognize some friendly faces in that chamber — starting with that of top Senate leader Mitch McConnell. She woman has donated to and co-chaired fundraising efforts over the years for her home-state senator.

The chamber McConnell presides over is expected to deal with major issues affecting Canada over the coming years, including trade disputes, and the potential renegotiation of the North American Free Trade Agreement.

She has a history in philanthropy.

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CHANTAL HÉBERT ON LIBERAL INFIGHTING

Perceived gaps between Trudeau's words and his party's actions could have a corrosive cost to his brand.

Alan DeSousa has been the mayor of Montreal's Saint-Laurent borough since it was created 15 years ago. Initially elected on the ticket of mayor Gérald Tremblay, he survived the corruption scandals that marked that era and was re-elected as part of Denis Coderre's team in 2013.

When DeSousa declared his intention to run for the Liberal nomination in Saint-Laurent — the riding just vacated by former foreign affairs minister Stéphane Dion — he was considered if not a shoo-in, at least a highly competitive candidate.

Neither of his two rivals, former Quebec immigration minister Yolande James and Marwah Rizqi, a professor at Sherbrooke University who ran for the Liberals in Hochelaga in the 2015 election, could boast roots as deep in the riding.

There was no doubt that DeSousa would not have been Justin Trudeau's preferred choice. The prime minister has made gender parity a defining feature of his cabinet. Women account for only one quarter of the Liberal caucus. The government could use more cabinet-ready female MPs.

James — given her experience in the Quebec cabinet and the fact that some of her former ministerial staffers toil in the backrooms of Parliament Hill — was considered to have the inside track with the party establishment.

Some of the organizers who helped secure Heritage Minister Mélanie Joly's 2015 nomination in a neighbouring riding were asked to lend a hand again. If James was going to have a shot at beating her two opponents, she needed all the help she could get. With the byelection set for April 3, she was also going to have to hit the ground running to sign up enough members to win the nomination.

That was last week. On Tuesday, DeSousa revealed that the Liberal party had barred him from vying for the nomination. In the letter he shared with the media, no reason was given.

Privately, party insiders point to DeSousa's association with the discredited Tremblay administration. As a member of the city's executive committee he was part of the mayor's inner circle. In 2013, his borough's offices were among those raided by Quebec's anti-corruption unit.

Still, DeSousa was never charged. If he is guilty of anything in the eye of the federal Liberal brass, it is by association.

For the residents of Saint-Laurent it is, to say the least, awkward to be told that their long-serving mayor does not, for some unspecified reason, pass the smell test of Trudeau's Liberal party. From the perspective of DeSousa and his supporters, it is also a convenient way to remove him from contention.

Some Liberals in Markham-Thornhill are also crying foul after the party retroactively set Feb. 14 as the cut-off date to recruit members for a March 4 nomination vote.

One of Trudeau's senior advisers, Mary Ng, is running for the Liberal nomination in the riding vacated by former immigration minister John McCallum. Her rivals claim the move is designed to give her an edge on the competition.

In his days as leader, Jean Chrétien made no apologies for parachuting star candidates into some of the party's safest seats.

Immediately prior to and just after the 1995 Quebec referendum, Chrétien appointed Lucienne Robillard, Stéphane Dion and Pierre Pettigrew to safe Montreal seats.

At the time he desperately needed more francophone Quebecers at the cabinet table. It is far from certain that an open nomination process would have resulted in the selection by local Liberal members of any of the three ridings.

Chrétien used the same route to ensure he had more women in his candidate lineup.

He took hits for short-circuiting the process, but at least his rationale for doing so and his method were transparent. Chrétien also took responsibility for imposing his choice on a given riding.

Officially, Trudeau has renounced that leader's prerogative. Early on, he pledged to have open nomination meetings in every riding. But in reality, he has replaced Chrétien's somewhat brutal clarity by an opaque vetting process for which neither he nor party officials seem to be accountable.

Regardless of the outcome of the Liberal infighting, there is little doubt that the party will hold Saint-Laurent and Markham-Thornhill on April 3.

But this is not the first instance where there is a perceived gap between the prime minister's words and the actions of his party and his government, and such episodes accumulate at corrosive cost to Trudeau's brand.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

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Tory leadership race or avant-garde art show?

Vicky Mochama
Metro

As an art project, the Conservative leadership race has taken on an avant-garde feeling. They've excelled at abstraction: 14 candidates that are distinguishable only with an angling of the head or a squint.

Yet two have found a way to stand out as only one can in 2017: Internet videos.

In a rather intriguing film from 2011 surfaced by Press Progress, Kevin O'Leary is shaving in a bright marble bathroom while wearing a towel around his waist.

For all the Trump comparisons, O'Leary's bathroom looks more like my parents' than a gold-embossed penthouse. He is also shaving his own face, which is a humble move for a titan of industry. (Perhaps the butler was holding the camera?)

In advance of a morning appearance via Skype, O'Leary gripes that all his bosses at the CBC are women, saying, "The thing about the CBC I gotta tell you guys, is the whole place is run by women.... It's ridiculous."

To "get back at them," as O'Leary puts it, he vows to not wear pants. "I never do," he says, as the camera pans down threateningly.

Sure, it's offensive to women, but as a piece of art, it is incisive and compelling. The viewers must ask themselves: Is O'Leary reverse-complimenting women by insulting them? Is it a performance art piece of a lone man, naked and shorn, yet somehow harmed by women? I call it Wounded Masculinity and the Art of Shaving.

Or, it may be a commentary on the obsessive pettiness that comes when working from home alone too long. Truly, I have borne witness to the human condition, and it is a video of Kevin O'Leary topless and shaving.

The second video is a critique of video as a form. In it, Kellie Leitch presents her vision that all who enter Canada — immigrant, tourist, person on a layover to Seattle — must have a face-to-face interview with an immigration officer. That is not new information from the Leitch campaign. What is fresh is the visual journey.

As Leitch waxes on Canadian values like tolerance and faces (I could not hear the rest for the beauty), she wanders in and out of the light. At times, she sits briefly then hurtles toward the camera. When you least expect, she takes a deep breath as if to say, "Life is a series of breaths. And some of those breaths are taken by immigrants who are a threat to our borders."

Few can execute one resonant silence, let alone several of them. To do so while playing with motion, light and shadow is no less than mastery.

As the May 27 leadership election draws nearer, one can only hope for more challenging Conservative art.

Fingers crossed for a rap about the carbon tax.

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An athlete at any size

Q&A

Big Fit Girl author wants more diversity in fitness culture

Melita Kuburas
Metro | Canada

Louise Green woke up on the morning she was to run her first half-marathon in 2013 feeling excited. But when she approached the sign-in desk to pick up her race kit, one of the staffers automatically reached for the 5K packet — less than a fourth of the distance she had signed up to run. This crushed her confidence.

"My body size communicated to him that I was not physically capable of running the event's longer race," writes Green in her new book, Big Fit Girl, out March 17.

Green, 45, who runs her own fitness business in Vancouver, is a runner, boxer and body activist. She believes that athletes come in all sizes and builds and that there needs to be more diversity in fitness culture.

What is it going to take for us to see more size diversity in fitness culture?

It's up to people to really be seen. A lot of women will still remain apprehensive or intimidated by fitness — and I believe they have a right to feel that way because it's scary when you don't see yourself represented. There's an element of the unknown. I think more brands and the media culture supporting fitness need to broaden their spectrum of stories and imagery.

In true mainstream fitness magazines, you're not seeing women that are over a size 6. So if we could just start to see size 12; maybe size 14; a mixture? What I'm wanting is an accurate representation of women. That's really what we're asking for, and that's what I think is going to change the fitness culture to make it more approachable. When somebody can see themselves, it inspires them.

Some fitness stars say they're about body positivity, but their Instagrams are full of before and after photos. Are you worried that the body positivity movement is being co-opted?

I agree with you; often you're seeing a body-positive message but the imagery — and when you dig deep into the actual message — is still the same message of conforming to a smaller version of yourself. I don't know that that's intentional. I think that many women are so incredibly programmed, as we all have been at some point, to believe that is 'body positive' and the way to health.

I had this conversation yesterday with a friend of mine: what I actually have to endure for a month to lose, say 3 pounds, is white-knuckling deprivation. Some bodies will lose weight easily and some won't.

Is it then the job of the body activist to call out instances that we see where we feel like the message isn't healthy?

I do call out certain things that I think are absurd but I don't point fingers and name names, I just give examples.

People have good intentions but I think my job is to just educate people on what I think and what I have experienced after working with literally over a thousand women who fall outside of the athletic norm. When you're somebody's trainer they really open up to you and I have really intimate conversations with these women. There's definitely a common theme throughout all of them. And I've experienced it as a plus-size woman myself, so I will make a point of trying to educate from that experience.

I got the sense the food section in your book was carefully written.

I didn't want it to appear like a diet. I wanted women to explore what works for them. I'm really against people feeling hungry. I don't believe in hunger and starvation — I don't think that fits an athletic model at all. So I really wanted women to reframe their thinking.

If you're looking at really living like an athlete ... eat as much as your body needs, but it should be nutritionally dense if you're wanting to perform better the next time you go out. And I also believe in having cake and celebrating life when the time is right.

Sometimes a form of body shaming comes from doctors who use weight and BMI as a way to measure health. Do you reject these measurements?

I have chosen my doctors very carefully and that's what I'm asking people to do in the book. Because even when I was my thinnest, I was way outside of the BMI chart. I'm a heavy person even in a thinner frame. So those numbers have haunted me for a long time. All I could think in my mind is "I'm supposed to be 130 pounds, and I can't get there." I think it does more damage than good, to be honest. I think that many people — like my husband for example he's very muscular, and he's considered obese. I think that it's an OK guideline but I don't think it's a great method of measurement.

Is there an alternative measurement that you would support?

I see why people would want to ask that question because we don't want to see people that are immobile because of weight. But I don't think that I want to really comment on what kind of size we should expect of people, or how we should measure it, but just to get people really living their healthiest life: trying to eat nutritionally dense food and moving your body. And then I really truly think that your body will find its right size.

What does fit mean to you?

Somebody who's fit is somebody who is setting goals; is regularly active; who regularly challenges themselves. I have some people that come to my classes that don't go as far as they could. I think people really need to ask themselves: "Am I challenging myself, am I sweating, am I breathing heavily, is my heart rate up?" Getting their heart rate up every week on a regular basis is going to produce a fit person.

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A domestic duel under the covers

NON-FICTION

Writing couple match wits and parry in essays on marriage

Sue Carter
For Metro Canada

Writerly couple Stephen Marche and his wife, Toronto Life editor Sarah Fulford, have a new book out on modern relationships.
CONTRIBUTED

Stephen Marche's 2,200-word essay on the persisting gender divide surrounding housework — which he refers to as "intimate drudgery" — caused a firestorm of angry responses when it first published in the New York Times Sunday Review back in 2013.

The Toronto-based novelist and columnist suggested that everyone relax: the simplest and most direct way to correct the imbalance was to stop fretting so much over dust and unmade beds. His point did not go over well with many women, as witnessed on social media.

"You wouldn't think that housework would be the most controversial point in the current moment of 21st-century politics, but there you go," says Marche.

Several journalists wrote angry counter-responses suggesting that Marche's essay painted all women, including his wife, Toronto Life editor Sarah Fulford, as being crazy for their fastidiousness. But now, everyone will have an opportunity to read Fulford's own personal reactions in Marche's new essay collection, The Unmade Bed: The Messy Truth About Men and Women in the 21st Century. The book incorporates previously published work and new essays featuring notes from Fulford — who edits her husband's early drafts — which at times either corroborate or counter his perspective or memories of certain situations. (She expresses both frustration and grudging admiration with Marche's laissez faire approach to domestic chores.)

"I always feel like when I read books about people's marriages that they're lying to me because that's only one point of view. There are always two points of view in every situation in a marriage," Marche says. "I thought this was a way of getting more to the intimacy, and getting a more interesting perspective of how a modern marriage really works. It actually models the process of being in a marriage, where both people get a say."

Through a series of eight essays — starting boldly with Marche trying not to mansplain "mansplaining" — the book covers wide territory, from the resurgence of online pornography to the challenges of parenting children of both genders. Although Marche's theories are backed by numerous studies, The Unmade Bed is a very personal book, in which the author attempts to make sense of his own experiences, including the death of his father and his mixed feelings about becoming a house-dad whose partner makes more money than him.

While researching, Marche was surprised to discover much more hope for change than he expected. "Especially now with Trump and the resurgence of this horrific misogyny globally, it's hard to be optimistic, but then when you look at historical trends, they go one way: men and women are getting more equal," he says. "That is going to continue. It doesn't matter who's in power."

Sure, studies show that women continue to gain more power economically, but Marche also acknowledges that staggering issues still exist, from domestic violence to wage gaps and leadership opportunities. He suggests it's because we're living in a "hollow patriarchy" that is nothing more than a brittle shell, and provocatively suggests that one way to help smash the remnants of this outdated system is for more men to speak up — not as "male feminists" and definitely not as men's rights activists — but as active participants.

"When it comes to gender, men are actually not heard from enough," he says. "I think the silence is very harmful and narrows the conversation around gender, and limits and hurts men, who, at this turning point are experiencing a total reconsideration of their gender and have decided to pretend it isn't happening. I felt like it needed some explanation as to why."

Sue Carter is the editor at Quill & Quire magazine.

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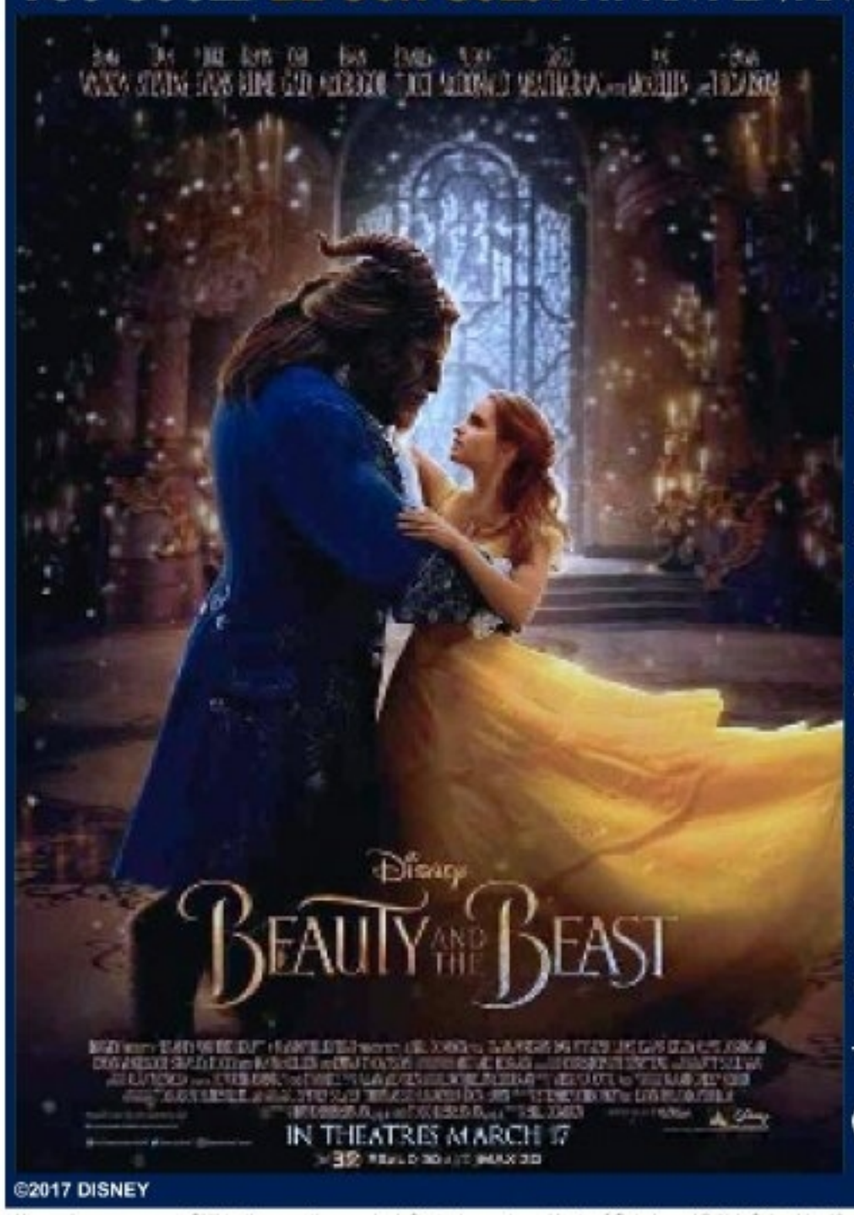

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Billionaire Warren Buffett lists his six-bedroom, seven-bath Laguna Beach residence for $11M

MEET THE CONDO

Near Port Coquitlam's natural amenities

CONTRIBUTED

Project overview

Lumiere is a four-storey residential development set in the growing city of Port Coquitlam. Saturn Construction Inc.'s goal is to incorporate function, modern design and accessibility. It features 63 units and has a scheduled project completion date of winter 2018.

Housing amenities

The goal for this four-storey residential building was always to make a viable, comfortable space for multi-family lifestyles. With a fresh modern design and accessibility to top-class natural amenities, Lumiere homeowners will be able to relax in or out of their homes.

Location and transit

Living in the green, beautiful city of Port Coquitlam comes at the cost of quick access to Vancouver, but with the Evergreen Line now live, reaching around the Lower Mainland has never been easier on public transit. Residents can utilize the West Coast Express train to get to downtown Vancouver.

In the neighbourhood

Port Coquitlam and Lumiere's neighbourhood in particular feature a mix of family-run businesses along with larger, recognizable names such as Safeway and Costco. For leisure, residents have access to the Traboulay PoCo Trail, a 25-kilometre network winding around the entire community.

NEED TO KNOW

What: Lumiere
Developer: Saturn Construction Inc.
Builder/designer: Saturn Construction Inc.
Location: Port Coquitlam
Building: Four-storey residential
Sizes: Starting at 681 square feet
Model: One, two, and two-bedroom + den
Pricing: Starting at $290,000
Status: Selling
Occupancy: Winter 2018
Sales centre: 2436 Kelly Ave.
Phone: (604) 754-8600
Website: lumiereliving.com

HOME DÉCOR

Cacti: The perfect houseplants for beginner green thumbs

Succulents, which are plants with fleshy stems or leaves, are ideal houseplants. They have interesting shapes, are relatively pest-free and thrive in the dry air of a heated home — and on neglect.

Let's look at cacti, which are just one type of succulent.

Cacti are native only to the Americas, having evolved 60 million years ago when upward-pushing mountains transformed the then-lush tropical climate of the western Americas to desert. With thick stems for water storage (a giant saguaro cactus of Arizona can store 1,900 litres of water), an absence of leaves, which reduces water loss, and waxy coatings to hold in water, cacti thrived despite parched conditions. To fend off animals, many species developed spines.

Origin and variety

Over time, cacti spread from within the Arctic Circle down to the tip of Chile. I have seen flat, green pads of opuntias growing wild on New York beaches and Christmas cactus growing wild in the crevices of trees in tropical rain forests. With the exception of Vermont, New Hampshire and Maine, every state in the U.S. has at least one species of native cactus.

Visual oddities abound. The old-man cactus (Cephalocereus senilis) has a shaggy covering of long, hoary "hair." The lamb's-tail cactus (Wilcoxia senilis) has slender stems which seem to pour out from the swollen root that protrudes above the soil line. Some of the moon cacti (Gymnocalycium spp.) have had their green chlorophyll bred out of them, so they are now red. Without chlorophyll, they can't survive, so they are grafted on top of other cacti.

Spectacular flowers

Cacti commonly have spectacular flowers, made more dramatic by their prickly pedestals. Cacti such as mammilaria, notocactus, lobivia and rebutia bloom indoors with very little coaxing (rebutia often blooming twice each year). Fat flower buds along the stems of the orchid cactus, Epiphyllum open to spectacular red, pink or white blossoms, depending on the variety.

Care tips

Caring for a cactus is easy: Provide good drainage by adding extra sand or perlite to any potting mix. Do not overwater.

Water your cacti two or three times, or even not at all, in winter. In summer, once every week or two is plenty. Watch the stems. If the plants shrivel or pucker, don't worry; just water them. If in doubt about whether or not to water, don't. THE ASSOCIATED PRESS

Epiphyllum oxypetalum (Queen of the Night cactus).
TORSTAR NEWS SERVICE

5 FLOWERS BEST GROWN FROM SEEDS

It's March, which means it's time to start germinating seeds if you want a garden that's in full bloom this year. Get started with these picks. **MARK CULLEN/TORSTAR NEWS SERVICE**

1 Nasturtium

Low growing, sometimes with a vine-like growth habit. "Hot colours" that produce for several weeks in the garden. They love the sun but last best in a "cool" part of the garden, facing east. When they look their best, they are stunning. My favourite variety is whirlybird, as they bloom outside of the foliage (while some varieties hide their flowers). Grows to 40 centimetres.

2 Morning glory

A twining vine that needs vertical support at least two metres high, they produce large quantities of medium-sized, trumpet-shaped blue flowers that are attractive to hummingbirds. But here is the catch: they perform best in marginal soil. If you are adding to your garden soil when sowing the seed, be sure to mix in about 30 to 40 per cent clay. When you make growth a little tough for a morning glory, you encourage it to bloom like crazy. Don't fertilize.

3 Sunflowers

Sunflowers can take up a lot of space but man, are they easy to grow! Get kids in on the action, starting on the day of sowing the seeds. They will love the speed with which they explode through the soil and the growth that can occur during one hot, sunny day. If you have an average or small garden, consider some of the popular varieties that only mature to about 50 centimetres or less: junior, teddy bear (pictured here) and dwarf Pacino.

4 Nicotine

An unfortunate name for a wonderful flowering plant. While images of a hacking cough might be on your mind, the truth is you will be blown away by the flower's fragrance, once it is established. Come mid-summer, the nicotine in my garden is the biggest hit, late in the day when the air is still and the hummingbirds are at their peak of activity. "Old fashioned" nicotine produces large clusters of trumpet-shaped flowers. Grows up to two metres high. Loves the sun.

ALL PHOTOS TORSTAR NEWS SERVICE

5 Calendula

Pot Marigold. I am not sure how this low-growing flowering plant got the name. It is neither a marigold nor would anyone in their right mind smoke it. All I know for sure is that this plant produces masses of yellow or orange flowers mid-summer. I sow them in a row in my veggie garden and pick them to bring indoors. They stand up quite well in a vase and honey bees frequent the blooms in your garden. An edible flower. Thrives in full sun. Grows to 30 centimetres high.

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DREAM HOME

Architects build award-winning home over pond

It seems to float on top of the water and, actually, Newberg Residence sort of does.

Just outside of Portland, Ore., the 1,440-square-foot home sits a foot above a pond — like a bridge — with each end sitting on concrete abutments.

The bedroom and kitchen are on the "bridge" ends, the living and dining rooms are in the centre, overlooking water. Steel columns support the home, cantilevering out to cover the kitchen to the west and the bedroom to the east. A covered walkway leads back to a two-bedroom, 550-square-foot guest house.

The original, 15-by-50-foot pond has been excavated and enlarged. The large roof overhangs are designed to protect the glass and wood of the home. The water from the roof drains into the pond. The pond has an overflow and the floor of Newberg Residence is a foot higher than the top of the dam that restrains the pond.

Materials used in the construction of the home include concrete, corten steel and Douglas fir. Highly insulated glass has been used for the windows. The wood and steel came from local businesses. It took 14 months to build Newberg Residence, which was completed in 2015 and last year won the housing design award from the American Institute of Architects.

The living and dining room span the width of the pond. Top right: Walls of windows put the pond on display. Bottom right: A stunning view of nature from the bedroom. ALL PHOTOS TORSTAR NEWS SERVICE

Architect Jim Cutler, of Cutler Anderson Architects in Bainbridge Island, Wash., answers a few questions about Newberg Residence.

What inspired you to create this house?

The property is part of a larger vineyard but it was steep, lumpy and not suited to being a vineyard. The couple had an area of land on which they wanted to build a house but it was too small. I saw a bit of light through the firs and asked if it was a logging pond that was mostly filled in. I went through the trees to look at it and said, "This is a place to build a house."

How have you arranged the way visitors get to the house?

One of the most ancient and time-honoured tools in the architect's bag is contrast. I felt I could increase the power of this small body of water by contrasting it with a dense, dark arrival. Guests park 100 feet away, walk down a single-file trail through a forest with trees and shrubs, making it more compressive. As you arrive at the building, the view of the pond is blocked but you can see the top of the roof because of the big opening on the other side of the building. Then you open the door and it's a powerful experience. You've gone from this dense, dark, foliage to this big, open pond just by opening the door.

What was your intention with this house?

We thought if we created this small ecosystem it would actually invite wildlife to participate in the drama of their life.

In all our work, we're trying to connect people physically and emotionally to the living systems in this world.

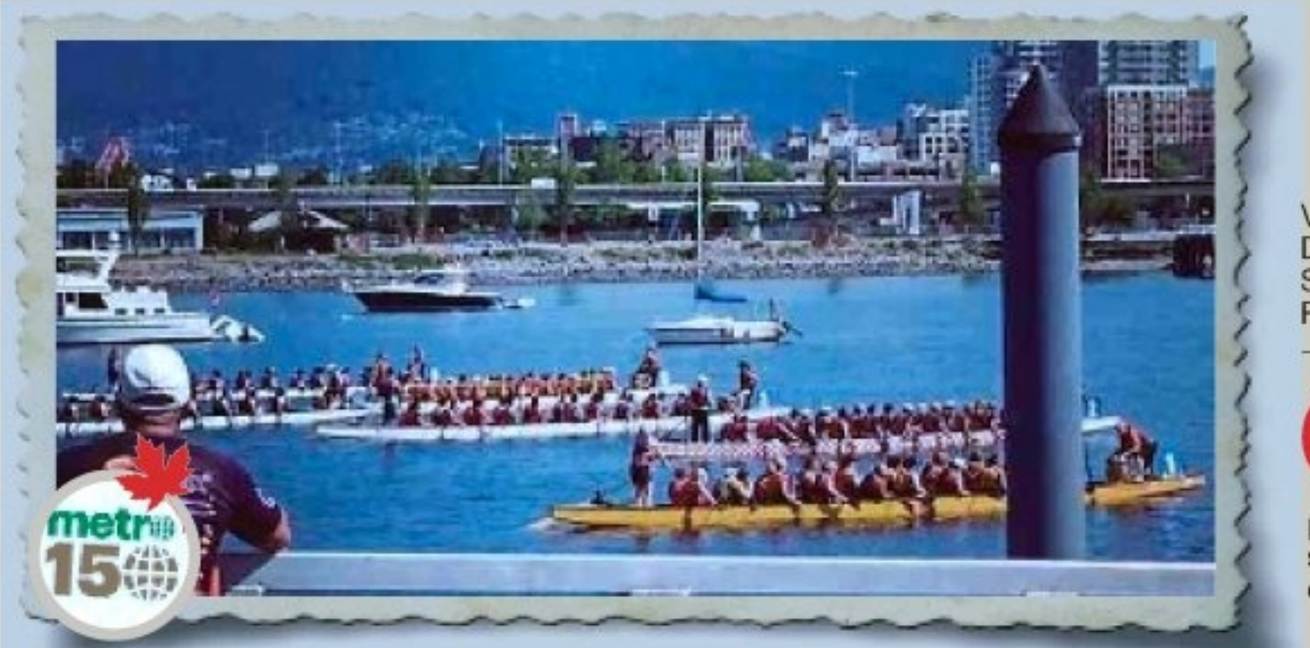
What homeowner Carey Critchlow thinks of Newberg Residence:

It's a great house. It's easy to live in and complements our lifestyle, which is focused around farming, our vineyards and enjoying friends and family.

The three large glass doors allow us to open the house and really experience the connection with the pond and woods. We often cook outside the kitchen, guests flowing in and out of the open glass door. We use the living/dining room door and small deck for reading and swimming. We have many animal visitors — a regular heron we've named Herman, who sits on our decks and wanders about the pond, our rainbow trout, a black bear caught sleeping under our path lights last year, deer, waxwings, wood ducks, merganser ducks, frogs, eagles and osprey.

The home's connection to the land and nature is our highlight. Experiencing the life of the pond, watching it change with the weather and seasons, and time of day. TORSTAR NEWS SERVICE

150 WAYS of looking at Canada



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near SPORTS

Jay Onrait and Dan O'Toole are returning to Canada and TSN after Fox Sports One in the U.S. decided not to renew their contracts

IN BRIEF

New set of rules proposed to make golf easier to play

The Royal & Ancient Golf Club and the U.S. Golf Association released a draft of modern rules on Wednesday aimed at simplifying the game's rules without stripping traditions and fundamentals of fair play.

The proposal, which now faces six months of public feedback, reduces the number of rules from 34 to 24.

In many cases, penalties have been rescinded. Players no longer will be assessed a one-shot penalty if their golf ball accidentally moves, if their club touches the ground while in a hazard or even if a putt strikes a flagstick that is not being tended.

THE ASSOCIATED PRESS

Durant out indefinitely with sprained MCL

Golden State Warriors star Kevin Durant will be out indefinitely — perhaps until the playoffs — after he sprained the medial collateral ligament in his left knee and bruised a bone in his leg during Tuesday night's loss at Washington.

Durant leads the Warriors in scoring and rebounding with 25.3 points and 8.2 boards along with 4.8 assists.

THE ASSOCIATED PRESS

NFL salary cap rises to $167M per team

The NFL salary cap for the upcoming season will be $167 million per team, up more than $12 million over last year.

This is the fourth consecutive year the cap has risen at least $10 million. THE ASSOCIATED PRESS

It's on: GSP to fight Bisping

Former welterweight champion Georges St-Pierre is starting his comeback with a bang - against UFC middleweight title-holder Michael Bisping.

The two will meet for the 185-pound crown in the second half of 2017, according to the UFC.

"It's on," Bisping said in a social media post featuring the fight poster.

THE ASSOCIATED PRESS

Canucks relegated to selling at deadline

NHL

Vancouver nets two offensive threats in return for vets

The Canucks' final trade resulted in Jannik Hansen, right, joining forces with Chris Tierney and the San Jose Sharks. JONATHAN HAYWARD/THE CANADIAN PRESS

With their hopes of making this year's playoffs hovering between slim and none, the Vancouver Canucks have turned their focus to the future by trading two of their veteran players for prospects.

In the days leading up to Wednesday's NHL trade deadline the Canucks dealt left-winger Alex Burrows to the Ottawa Senators for 19-year-old centre Jonathan Dahlen and right-winger Jannik Hansen to the San Jose Sharks for winger Nikolay Goldobin, 21, and a conditional fourth-round pick in 2017.

On Wednesday Vancouver claimed forward Joseph Cramarossa, 24, off waivers from the Anaheim Ducks.

"We're in a transition period," said general manager Jim Benning. "We want to get younger, get faster, get more skilled.

"We weren't going to be buyers this year. It was an opportunity for some of our older guys to go to new organizations and be part of teams that are going to be in the playoffs."

The Canucks also were shopping goaltender Ryan Millar, 37, who becomes a free agent this summer.

Benning didn't want to mention any specific player by name when asked if there was any interest in more deals as the trade deadline passed.

"We talked to quite a few teams but we really didn't get any where, didn't get anything done today," he said. "We did the work. There was nothing with another team that was a fit."

Miller is in the final year of a three-year, $18-million US contract. Benning didn't rule out re-signing him over the summer.

Last year the Canucks were criticized when they failed to move pending free agents Dan Hamhuis and Radim Vrbata at the deadline. Both signed with other teams over the summer.

The Canucks (26-29-7) are eight points behind St. Louis in the race for the final wild-card playoff spot in the Western Conference. Since losing Game 7 of the 2011 Stanley Cup to Boston, Vancouver has won a total of three playoff games and missed the post season twice, including last year.

The Canucks' 145 goals this season is second least among NHL teams.

Dahlen has 24 goals and 18 assists in 44 games with Timra IK in Sweden. The 21-year-old Goldobin had 41 points (15 goals, 26 assists) in 46 games with the Sharks' AHL team this season. THE CANADIAN PRESS

"We are going to continue through the draft, through college free agency, in any way we can, to add to our good crop of young kids. Canucks GM Jim Benning

DEADLINE DAY DEALS

OTTAWA-CALGARY

TO SENATORS: JYRKI JOKIPAKKA, D; SECOND-ROUND PICK (2017)

TO FLAMES: CURTIS LAZAR, F; MIKE KOSTKA, D

TORONTO-PITTSBURGH

TO LEAFS: ERIC FEHR,F; STEVE OLEKSY, D; FOURTH ROUNDER (2017)

TO PENGUINS: FRANK CORRADO, D

BOSTON-WINNIPEG

TO BRUINS: DREW STAFFORD, F

TO JETS: CONDITIONAL SIXTH ROUNDER

FLORIDA-DETROIT

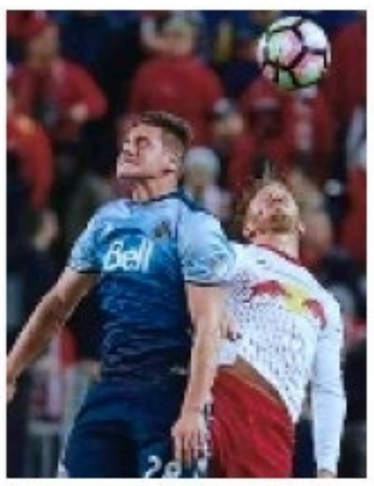
TO PANTHERS: THOMAS VANEK, F

TO RED WINGS: DYLAN MCILRATH, D; COND. THIRD ROUNDER (2017)

LOS ANGELES-COLORADO

TO KINGS: JAROME IGINLA, F

TO AVALANCHE: COND. FOURTH ROUNDER (2018)



Whitecaps defender Jake Nerwinski, left, and Red Bulls midfielder Daniel Royer vie for the ball on Feb. 22 in Harrison, N.J.
JULIO CORTEZ/THE ASSOCIATED PRESS

SOCCER

Whitecaps not about to show their hand

The Vancouver Whitecaps know they hold an advantage when they host the New York Red Bulls in Thursday's second leg of the CONCACAF Champions League quarter-final.

The Whitecaps collected an important away goal when they earned a 1-1 draw in the opening match of the two-game aggregate series last Wednesday in Harrison, N.J.

The decision facing Vancouver now is how to use that edge in the deciding game at BC Place Stadium. Do the Whitecaps sit back and try to defend against their Major League Soccer rival, or do they go looking for an early goal?

"You can't sit back against the Red Bulls because they are very good on the ball," Whitecaps' goalkeeper David Ousted said after a training session earlier this week.

"You can do it for a certain time, you'll have to defend well against them. You'll also have to try and hurt them the other way. We have the personnel to do that."

Defender Tim Parker said the experienced Red Bulls won't panic. They will be careful not to give up a goal but will take advantage of any mistakes the Whitecaps make.

MLS PLAY

The Whitecaps open their MLS season Sunday at home against the Philadelphia Union.

"I think they are an attacking-minded team in general," said Parker. "I don't think we should expect them to wait on the opportunity.

"I think they are going to come in with the mindset they want to win the game, not just score a goal. We will have to be ready for their attacking mindset."

Head coach Carl Robinson wasn't about to give away any game plans. He said the coaching staff will have a strategy in place.

"We'll have a game plan like we did in New York prepared," Robinson said. "Then it will be down to the players to go and play that." THE CANADIAN PRESS

MAKE IT TONIGHT

Aromatic Shrimp and Vegetable Spaghetti

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Can

This pasta features roasted vegetables and fresh herbs.

Ready in 50 minutes
Prep time: 20 minutes
Cook time: 30 minutes
Serves 8 to 10

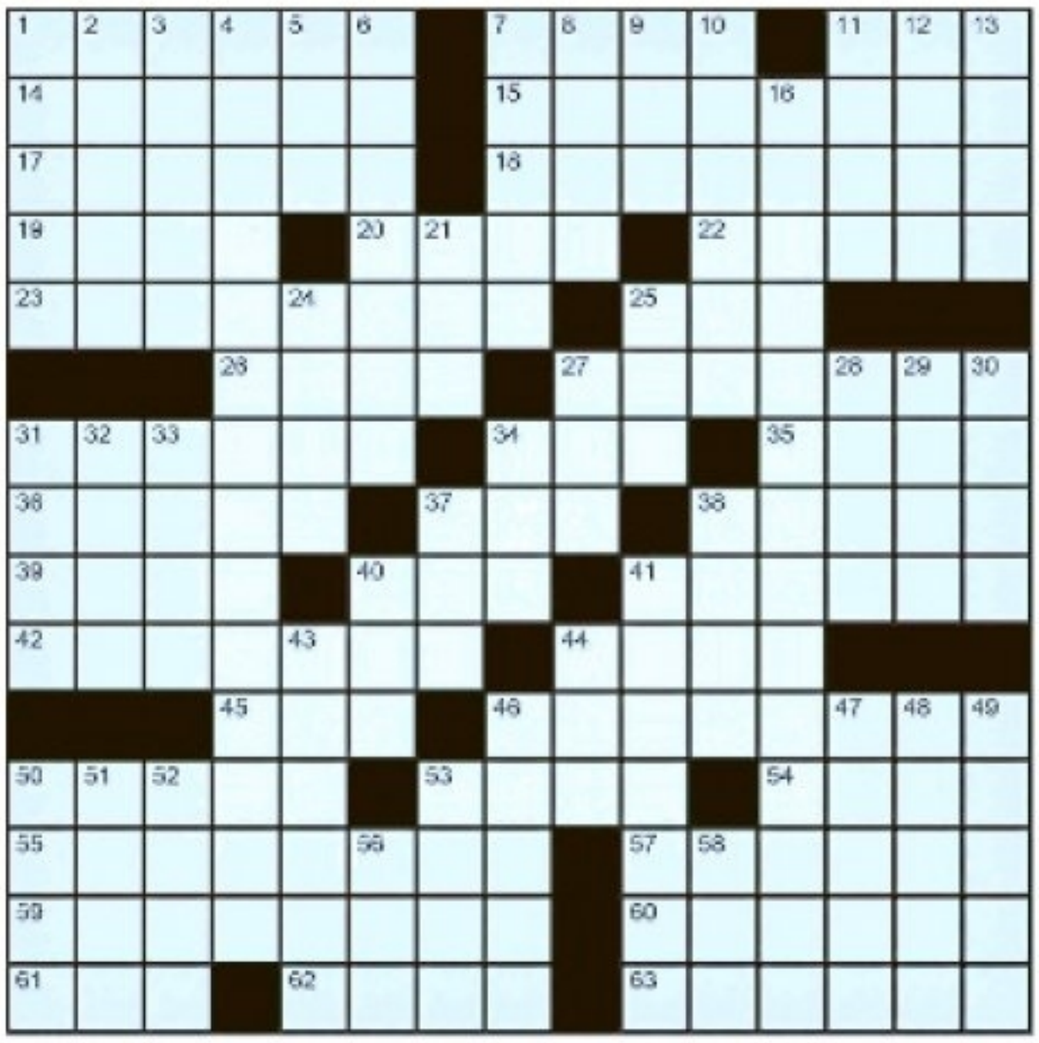
Ingredients
- 1 yellow zucchini, sliced in half lengthwise
- 2 portobello mushrooms, stems removed, caps scooped and halved, then cut crosswise into slices
- 1 red pepper, sliced into quarters
- 1/4 cup olive oil
- 2 Tbsp balsamic vinegar
- 4 cloves garlic, chopped and divided
- 1 Tbsp fresh chopped oregano
- 1 Tbsp fresh chopped rosemary
- 1 1b. thawed peeled deveined shrimp
- 1 Tbsp butter
- 1 box of spaghetti
- 2 large meaty tomatoes, sliced into chunks
- 1 container marinated artichoke hearts, plus a drizzle of its oil
- 1 cup feta cheese• 1 handful fresh chopped basil

Directions
1. Preheat oven to 400. Toss zucchini, mushrooms and red pepper with 2 Tbsp olive oil, balsamic vinegar, 2 garlic cloves, oregano and rosemary to coat.
2. Place vegetables on greased pan and roast; turn once and cook 30 minutes.
3. Remove to platter and cool. Slice s into bite-size pieces.
4. In a large skillet over medium heat, add butter and two garlic cloves and cook till aromatic, about 1 minute. Add shrimp and cook until pink, about 5 minutes. Remove shrimp and juices and set aside.
5. Meanwhile, in a large saucepan of salted boiling water, cook pasta. Drain. Drizzle remaining oil into pasta. Toss vegetables with shrimp and buttery juices into pasta and serve with basil.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "The Planets" composer Mr. Holst
7. Actress Ms. Sofer
11. "Wowy!"
14. Bury
15. Super self-love
17. TSX units
18. Staircase railing
19. Slant
20. Stompin' Tom Connors' "Bud the _"
22. Haunting 'human'
23. Those lettering-out words
25. Giggling, texting-style
26. Moray-like
27. Stash of weapons
31. , , , , , ,
34. G'days
35. Abominable abode-er
36. Plane, in Quebec
37. Deli serving
38. Jimmy of "L.A. Law"
39. Lima's country
40. Fancy watch face number
41. Ms. Durbin (Winnipeg-born star)
42. Unity
44. Mr. Gagnon (Chicoutimi-born Olympic gold speed skater)
45. Highlander's hat
46. Takeoff/landing locale
50. 'Romeo' sports cars
53. Global, briefly
54. Off the dragon
55. War-like
57. Julia Louis-Dreyfus's character on "Seinfeld"
59. Distinction
60. More tidy
61. _ worth
62. Rugs of Scandinavia
63. Surplus
24. Trim
25. "I Love You, Suzanne" singer ...his initials-sharers
27. _-en-Provence, France
28. No, in Munich
29. Notation atop a memo, for short
30. Ms. Kudrow
31. Organized crime chief
32. Baking cookies appliance
33. Soft muddy spot
34. _ polloi (Common people)
37. '_' _ for Langley
38. Feudal worker
40. Belief system
41. Singer Ms. Love
43. _ Island (Statued marvel west of Chile in the South Pacific)
44. US univ.
46. Poker stakes
47. Top rate
48. Street sections
49. Tint-to-hair appliers
50. "So be it!" in church
51. Key _ pie
52. Move like a hummingbird
53. Empire of yore
56. Whichever
58. Mr. Luthor, "Superman" (1978) villain

DOWN
1. Main meanings
2. Not 'Tragically' cool
3. Sedimentary rock
4. _ _ Provincial Park, in southwestern Manitoba near Boissevain, known for the 'Western Painted' shelled creatures found there
5. Soul: French
6. Ships and tankers and dinghies
7. Puzzle type
8. "Blimey!"
9. Oui opposite
10. Martin Short comedy, "Three _!" (1986)
11. Catch _ _ ('Get')
12. Geese: French
13. Actress, Melissa Joan _
16. Juno-winning roots musician who is Natalie MacMaster's cousin: 2 wds.
21. Open with a crowbar

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your relationships with partners and close friends might suddenly get a lovely boost or lift today. Someone might compliment you. You might meet someone new who is unusual.

Taurus April 21 - May 21
An unexpected job opportunity might come your way today, or perhaps work-related travel suddenly will appear. Something might even improve your health. Who knows?

Gemini May 22 - June 21
An unexpected invitation for a vacation or a social event might land in your lap today. Love at first sight will begin for some of you. Yes, it's an exciting, fun-filled day!

Cancer June 22 - July 23
Keep your eyes open for real-estate opportunities or chances to improve your existing home today. A spontaneous family gathering might take place.

Leo July 24 - Aug. 23
Unexpected news or an unusual opportunity makes you happy today. Your spirits are high and your optimism is strong. This is just how you like things to be.

Virgo Aug. 24 - Sept. 23
Business and commerce are favoured today; in fact, something unexpected might come along that really boosts your income. It might be a new job or something on the side.

Libra Sept. 24 - Oct. 23
All kinds of opportunities might pop out of the woodwork today. This means you have to keep your eyes open and be ready to act fast.

Scorpio Oct. 24 - Nov. 22
This is a feel-good day. You feel happy with yourself and content with your world. Appreciate your good fortune.

Sagittarius Nov. 23 - Dec. 21
Your popularity will get a boost today because others admire you. This is why you might suddenly be thrust into a position of leadership in a group or class.

Capricorn Dec. 22 - Jan. 20
Something will happen today that boosts your reputation in the eyes of others. If an opportunity presents itself, you will have to act quickly. Don't hesitate.

Aquarius Jan. 21 - Feb. 19
A surprise opportunity to travel might suddenly materialize today. If so, act quickly, because this window will be brief.

Pisces
Feb. 20 - March 20
Keep your pockets open, because gifts, goodies and favors from others will come your way today. However, they will be unexpected. (What a nice surprise!)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7		9		4		5	
6								3
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3	7	9	5	6	4	1	8	2
1	8	4	2	9	7	6	3	5
6	5	2	1	8	3	4	9	7
7	4	8	9	3	5	2	6	1
9	3	6	7	1	2	8	5	4
5	2	1	6	4	8	3	7	9
4	6	7	3	2	9	5	1	8
2	9	3	8	5	1	7	4	6
8	1	5	4	7	6	9	2	3

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